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Your essential daily news | MONDAY, APRIL 20, 2015

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MORE OT HEARTBREAK

Sens goalie Craig Anderson reacts during the third period of Game 3 against the Montreal Canadiens in Ottawa on Sunday. The Habs won 2-1 in OT to take a commanding 3-0 series lead. Coverage in **METROSPORTS**. SEAN KILPATRICK/THE CANADIAN PRESS

Habs apologize to Senators fan

HOCKEY

Woman says she was harassed after Friday night's game



Joe Lofaro
Metro | Ottawa

The Ottawa Senators offered a private suite for Sunday's game to a fan who said she was harassed and had beer thrown at her and her sister last Friday, by rowdy Montreal fans at the Bell Centre.

Katie Kerrick, 19, said she was "genuinely scared" for her safety during the game when she described men sitting behind her yelling at her, calling her derogatory names, and then hitting her on the head with a towel, according to her Facebook post.

She said she reported it to arena staff, but as she did the man shoved her.

"As we continued out into the hallway another man hit my sister with a wound-up towel and all the Canadiens fans around us laughed and cheered," wrote Kerrick.

She said the same man poured his beer on her and her sister after the game ended.

On Saturday evening, the Ottawa Senators told fans they "have her back" and offered her a private suite with the team's owner, Eugene Melnyk.

The Montreal Canadiens also apologized for the "awful" incident on Twitter and asked for the woman's contact information.

As news of the attack spread, hockey fans quickly condemned Canadiens fans' behaviour.

"@Senators You guys are amazing for doing this. I'm embarrassed as a Habs fan that this happened. That's not what



From left: Katie and Annie Kerrick at a Sens vs. Habs game Sunday. TWITTER.COM

sports should be about," wrote Twitter user, @HabsLions.

Debby Simms replied, "@HabsLions @Senators We don't hold the actions of some random goofs against Habs fans! It's all good. :) Peace, Love + PlayOffs!"

Another Twitter user, Tom Boucher, also chimed in and apologized on behalf of Canadiens fans, saying what the men did was "completely (u)nacceptable behaviour."

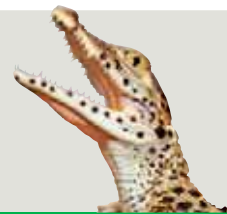
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RAV4



toyota.ca



Police seek pair in connection with slaying of blind man, 18

CRIME

Man, woman might have key information on April killing



Haley Ritchie
Metro | Ottawa

Ottawa police are asking for the public's help in finding two people they believe have information connected to the April 14 slaying of 18-year-old Connor Stevenson.

"The man and woman shown in these images were at the building at the time of the incident and investigators believe they have important information to contribute to the investigation," Sgt. Robert Drummond wrote in an email release.

"When viewing these images, the public should think back to last Tuesday and see if they remember anyone fitting the description of the person in these images."

"We are asking that anyone who believes they recognize these persons to contact our investigators."

Stevenson died from injuries after being stabbed in the stairwell of a 15-storey apartment building on Jasmine Crescent. The major crime section is investigating.

Anyone with information on the two people in the photos is being asked to call the Ottawa police at 613-236-1222, ext. 5493.

Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477, or by downloading the Ottawa police iOS app.



MORE LOCAL NEWS ONLINE



Police are asking for help identifying two people connected to an April 14 murder on Jasmine Crescent. COURTESY OTTAWA POLICE

CROWDFUNDING

Victim's family turns to public to help pay for funeral

The family of Connor Stevenson has started an online crowdfunding campaign to raise money for his funeral costs.

The 18-year-old Gloucester High School graduate was stabbed multiple times in the stairwell of an apartment

building on Jasmine Crescent last Tuesday evening. He later died in hospital.

John David Lavoie, Stevenson's stepfather, started a GoFundMe campaign to raise \$5,000 for funeral costs. By Friday morning, it had pulled in \$3,255.

In statement posted to the website, Lavoie said he and Stevenson's mom, Laurie, are on disability leave and can't afford a funeral.

"Me and the mother are begging for help please," the statement reads. "I have never asked for help before but I can

hope to god someone helps us."

Stevenson was stabbed three times, according to the statement.

He was a high school football and rugby player and tutored children. After graduation, he hoped to become an

electrician.

Gloucester High School is planning to retire Stevenson's jersey number 44 and dedicate its 2015 season in his memory.

Stevenson's death marks the city's second homicide of 2015.

Ottawa police are still investigating. There have been

no arrests and police have not identified a suspect.

They would like for everyone who was in the "C" wing of the apartment building from 5 to 5:30 p.m. Tuesday to contact police.

LUCY SCHOLEY/METRO, WITH FILES FROM JOE LOFARO AND ALEX ROBINSON

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Two residents of a nearby building look at the destruction caused by a third-storey fire Saturday night in the west end. ANDRZEJ TERRENCE/FOR METRO

Apartment fire displaces 75

ALGONQUIN COLLEGE

Students affected to have exams rescheduled



Haley Ritchie
Metro | Ottawa

Even before the fire trucks arrived Saturday night, making sure residents and pets escaped the burning three-storey apartment building was a team effort.

James Trauzzi, a former Algonquin student who lives in a

building beside the engulfed 4 Deerfield Drive, said the sound of a smoke alarm brought him downstairs around 4 p.m.

Other onlookers had already called 911, but Trauzzi and his friends Alex Pregl and Carson Morris couldn't hear an alarm, so they went into the building to knock on doors.

Brandon Saunders, one of the 75 residents was displaced by the fire, said he might not have realized what was going on if it hadn't been for the friends' knocking.

The sight of Saunders and his two rescued cats brought his girlfriend to tears when she rushed home from work after

hearing about the fire.

"I didn't even think," said Saunders, wearing the same flip-flops he threw on when he left, assuming it was just another routine alarm.

"I wish, you know, at the time I could have maybe grabbed a bag, but there was just too much going on in my head," he said. "It's pretty crazy for sure, but we'll manage. At least we have a roof over our head."

The couple had mandatory renter's insurance, but for now they're living in a nearby unit offered by the Minto Group, the owner of the damaged building.

No one was injured in the fire and temporary housing has

been secured, according to the Canadian Red Cross.

Clement Giraneza, a volunteer with the Red Cross who handed out blankets and care packages, said he was impressed by Minto's efforts to find emergency housing. Algonquin College also offered up 40 dorm rooms to help.

"They worked relentlessly to make sure everyone was taken care of. As people were being told there would be a place for them to go to, you could tell a little bit of the stress was being taken away," he said.

Investigators are still determining the cause of fire, but Ottawa Fire Services said high

winds caused extensive damage to many of the building's 40 units. Many of the residents are Algonquin students facing exams and final assignments in the coming weeks.

"Arrangements are underway to ensure that students impacted by the fire will be able to adjust their exam schedule if required," said Algonquin College president Cheryl Jensen in an email sent out Saturday morning.

Residents requiring assistance may contact the Minto Office on-site at 10 Deerfield (613-225-0493), or can call the Red Cross at 1-855-797-8875 for support services.



Twitter user @gillwilsonn posted this photo. TWITTER

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Statues to honour John McCrae

CANADIAN POET

Ottawa's to be near National Artillery Memorial

A century after he scribbled the simple but poignant stanzas of *In Flanders Fields*, John McCrae is being honoured with two statues.

One of the larger-than-life bronzes will be installed in Ottawa on May 3, while a duplicate will be unveiled in McCrae's hometown of Guelph, Ont., later this summer.

The Ottawa statue will be placed at the National Artillery Memorial on Sussex Drive, just east of the downtown core.

For those who think of McCrae as a doctor and a poet, the location might seem an odd choice, but his first calling was as an artilleryman.

And his brother gunners want to honour that heritage.

Jim Selbie, a retired general who now holds the honorary post of Colonel Commandant of The Royal Regiment of Canadian Artillery, said McCrae exemplified the concept of the citizen-soldier:

"He had two professions, both of which he had a great commitment to, that of a physician but equally that as a gunner. You still see that today amongst a lot of our reserve officers and I think that's something to celebrate."

Mike McKay, a Guelph businessman and a retired reservist lieutenant-colonel, was one of the driving forces behind the statue project.

"I'm the guy that volunteered, and being a soldier I should have known to never volunteer," he joked in a recent interview.

McKay helped organized a fundraising project to find the \$300,000 for the Guelph statue. A second effort raised about \$460,000 for the Ottawa statue.

The Guelph project was covered mainly by private donations, although the Ottawa end was supported by help from National Defence and Veterans Affairs as well as an unexpected \$50,000 from the government of Flanders, in Belgium.

The statue itself, by Canadian sculptor Ruth Abernethy, shows McCrae sitting on a broken tree trunk, his cap perched on his medical bag in front of him and poppies scattered on the ground. THE CANADIAN PRESS



John McCrae was an artilleryman and physician as well as the writer of *In Flanders Fields*. THE CANADIAN PRESS

HOMELESS SHELTERS

Alliance to End Homelessness aims to house 20,000 people

Ottawa police are teaming up with more than 100 volunteers who are conducting surveys this week for a national campaign that will try to find permanent housing for 20,000 homeless Canadians by July 1, 2018.

The 20,000 Homes Campaign is inspired by a U.S. initiative that saw 100,000 homeless Americans secure housing in four years.

"It's very impressive," said Mike Bulthuis, executive director of the Ottawa chapter of the Canadian Alliance to End Homelessness.

The not-for-profit organization is hoping to replicate the success of its U.S. counterpart, but with a smaller target.

Statistics from Ottawa showed that more than 6,500 people spent an average of 77 days in emergency shelters last year. While the number of shelter users went down compared to 2013, those staying in them

are there for longer periods of time.

"We know that there are several hundred in that number that are pushing that average up," said Bulthuis.

"Among that several hundred, there are some who have been there for months and months, and some that have been there for years."

The 10- to 15-minute survey will help identify the housing needs and health issues for

"It is far more cost-effective for us to have a housing response ..."

Mike Bulthuis

some of our most vulnerable citizens.

Police will tag along Monday and Tuesday to help connect

volunteers with homeless people on the street and in temporary shelters.

As Ottawa and other cities lean toward the housing-first approach to eradicating homelessness, this survey will help pinpoint those who have the most urgent need for immediate housing support.

Ending homelessness isn't just a moral issue, said Bulthuis — it's also a financial issue, because keeping people in shelters

is expensive.

Not only that, research shows homeless people are engaged more with publicly funded institutions, such as paramedics, police, hospitals and the justice system.

"It is far more cost-effective for us to have a housing response," said Bulthuis, "than it is to have the police or the paramedics or other systems respond to individuals."

JOE LOFARO/METRO

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An Ottawa man's odd resume

RENAISSANCE MAN

Father, stock photo model, Vietnamese TV personality



Lucy Scholey
Metro | Ottawa

Harry Hodge's resume reads like a fiction novel.

Years ago, the Ottawa-raised journalist moved overseas, landed a role as a French-speaking Spaniard on a Vietnamese television show and scored modeling gigs for stock photos.

Now an English language course writer (and part-time sports columnist and freelance editor), he's sharing his offside career adventures in a (non-fiction) e-book, "It Seemed Like A Good Idea..."

His story starts in journalism and — full disclosure — he

has worked for Metro in both Edmonton and Ottawa. Before that, his byline appeared in 24 Hours Toronto, the Timmins Daily Press and the Low Down to Hull and Back News in Wakefield, Que.

Ready for a change of scenery, he left for a teaching course in Ho Chi Minh City, Vietnam. He stayed and eventually got married.

His acting gigs began when he happened upon a "British guy butchering the French language" while practicing a script. Hodge introduced himself, said he was from Ottawa and offered to read it.

"Of course, no one had any idea what an Ottawa was," said Hodge in an email to Metro. "He then said 'you do it, I don't care.'"

With little acting experience beyond high school, Hodge then called a casting agent. He

has since starred as a Spanish colonel in a Vietnamese show called The Great General and appeared in a skin cream com-



Harry Hodge is an Ottawa-raised former journalist with a bizarre resume that includes a role as a French-speaking Spaniard on a Vietnamese television show and modelling gigs for stock photos. CONTRIBUTED

mercial for all of three seconds.

But Hodge is humble about his (less than) 15 minutes of Vietnamese fame. Apart from his wife's uncle recognizing

him from The Great General ("he was pumped when I married her and he learned he was an in-law of Colonel Balanca"), he's not getting any requests

for autographs.

"I'd put my exposure as well below CBC; higher than a complete nobody, lower than a B-lister," he wrote. "I'm prob-

ably on par with your average Vietnamese pop singer (there are tons)."

But he has earned a little fame as a model. Buzzfeed doctored one of his stock photos for a video on how porn affects the male brain (Hodge shows up around the 45-second mark). It has almost four million views.

Stock photos are often the brunt of Internet memes and Facebook shares for their depictions of people looking a little too happy eating salad or standing around a computer.

"Haters gon' hate," argued Hodge. "People don't understand the stock photo game. Versatility is key. My best work is wearing oversized glasses, eating cereal and looking interested in soccer."

Hodge now bears another title: dad to three-month-old baby Avery. With plans to co-author a line of books for ESL (English as a second language) students, Hodge has plenty of odd jobs to keep him busy in Vietnam.

"If I wasn't in Vietnam, I'd try to figure out a way to be in the 613. I'm always proud to tell people I grew up in Ottawa."



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EXPENSE SCANDAL

More than 74 past, present Tory MPs counted on Duffy's support

It seems everyone wanted a piece of Sen. Mike Duffy.

At least 74 former and current Conservative members of Parliament leaned on Duffy at one point or another to appear at their events, record messages for supporters or stump for them on the campaign trail, documents released at the suspended senator's trial indicate.

Duffy also did work for Ontario, Nova Scotia and Prince Edward Island Tories, and several unsuccessful federal Conservative candidates.

The former broadcaster's daily diaries for 2009-2012, now a courtroom exhibit, illustrate the full extent of Duffy's celebrity status when he was still in the party's good graces.

Duffy is facing 31 charges of fraud, breach of trust and bribery. Eighteen of those charges deal with travel expenses claimed by Duffy, some of which involved travel to partisan events.

His defence has made the case that such partisan activities are an integral part of a senator's parliamentary functions, as stated in the Senate's administrative rules. Lawyer Donald Bayne has also emphasized how much the party leadership bought in to what



Suspended Senator Mike Duffy arrives at the courthouse for his trial on Friday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

he was doing.

"To Duff, a great journalist and a great senator," reads one photo entered into evidence, inscribed by none other than Prime Minister Stephen Harper, that shows the two of them together at an event.

During one stretch in the summer of 2009, Duffy went to 10 political events in 18 days in two provinces and one territory.

The amount of time Duffy spent travelling and working for his colleagues and the party brass might explain the lengths

that the Prime Minister's Office initially went to in order to shield his living expense claims from scrutiny.

At an early stage in the Senate expense scandal, the party paid for the services of his lawyer.

His history of partisan work might also explain the sense of betrayal Duffy felt when he was ejected from the Conservative caucus in May 2013 and suspended that fall from the upper chamber — a move instigated by his own party.

THE CANADIAN PRESS

EDUCATION

Teachers to enter legal strike period



Haley Ritchie
Metro | Ottawa

High-school classes across the Ottawa-Carleton District School Board will continue Monday morning despite teacher strikes elsewhere in the province.

Starting Monday, OCDSB high school teachers will be in a legal strike position, but the union must provide five days' notice before the "full withdrawal of services."

In the event of a strike, classes for grades 9 to 12 would be cancelled, schools would be closed, buses would not run and extra-curricular activities would be suspended.

"We value all of our employees and know that they are dedicated, caring professionals dedicated to student success," reads a notice for parents on the OCDSB website.

"The district remains committed to negotiating in good faith in order to reach a local agreement and to avoid any disruption to student learning," it continues.

Both the Durham and Rainbow district school boards are set to strike before the end of the month.

Other school boards that could be affected by halting labour talks include Thunder Bay, Peel, Halton and Waterloo.

The Ontario Secondary School Teachers' Federation and the Elementary Teachers' Federation of Ontario are both threatening strikes if a deal cannot be reached.

"The last thing our teachers want is to be outside of their classrooms," said OSSTF president Paul Elliott in a statement released Friday. "But we've been left no choice. An impasse at the central table pushes us closer to additional strike action at boards across the province."

REAL ESTATE

Contractor jailed and fined \$30,000

It's a steep price to pay for unfinished business.

Last month, Ottawa-area contractor Devon Morgan, owner of Captain Construction, was fined \$30,000 and sentenced to 45 days in jail for failing to complete home renovations.

Morgan started two jobs between April and December 2013 at houses in both Rockland and Ottawa. The homeowners both entered into contracts and paid a deposit.

Work was started, but never completed, forcing the customers to hire another contractor or complete the work themselves. Morgan has been ordered to pay

back a total of \$42,566.

Justice Louise Girault convicted Morgan and his business in an Ontario court on three charges including failure to deliver a direct agreement, failing to refund a payment and engaging in an unfair practice by making false, misleading or deceptive representations to consumers.

After being released Morgan will be on probation for two years.

Ontario's Ministry of Government and Consumer Services reminded residents that they should check the ministry's "Consumer Beware List" before hiring any company. **HALEY RITCHIE/METRO**



Out of 1,776 votes, only 662 of transit union votes were in favour of the city's offer. SEAN MCKIBBON/METRO FILE

Transit union votes against city's offer

LABOUR

Local 279 head called offer 'more than fair'



Lucy Scholey
Metro | Ottawa

Ottawa's transit union has rejected the city's proposed agreement. Late Thursday night, Amalgamated Transit Union, Local 279 President Craig Watson announced the membership voted 62 per cent against the deal.

"The offer was more than fair from the city," said Watson in

an emailed statement, adding that it seemed "internal union politics and possible misrepresentation of the deal reached affected the vote."

The four-year contract extension included a two-per-cent pay hike in the first three years and a 2.25-per-cent increase in the final, according to Watson.

Out of 1,776 votes, only 662 were in favour.

The current agreement expires March 31, 2016. Both parties will meet next year and start over.

In an email, city officials said they respect the vote results, but would not comment further.

Watson apologized to city management, the mayor and councillors.

STATEMENT

Excerpt from Craig Watson's statement:

I'm sure that many of those who voted against this may regret this decision upon further reflection. At the information meetings there were only around 300 members out of approximately 2,300 eligible voters, and this may have had an effect on the results.

To John Manconi and his team who worked so hard to achieve this fair deal I personally would like to apolo-

gize to them. They truly did their best and this is something that I will always appreciate.

Now for the Mayor, Councillors and Citizens of Ottawa who were looking forward to putting this labour issue behind them I apologize as well. They truly do not deserve to go through the labour strife that we faced in 2008 and 2009. Let us truly hope that all parties involved can be reasonable and all issues resolved fairly and equitably in 2016.



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Learning to eat on the cheap



Gilbert Ngabo
Metro | Toronto

Elia Herrera says she has seen people live on much, much less than \$1.75 a day, the amount that conventionally defines the poverty line.

"I come from Mexico and I have known people who live on almost nothing because they have no choice," said Herrera, executive chef at Los Colibris restaurant in downtown Toronto.

She is one of dozens of chefs around the country who are partnering with Live Below the Line, an initiative that is challenging Canadians to experience life on \$1.75 a day for a week. It's a campaign to raise awareness of global poverty and raise funds for charities that work to alleviate it.

As willing Canadians take on the challenge — which officially kicks off April 27, although many have started earlier — Herrera and other chefs have come up with menus

that can accommodate that tiny budget.

"It's amazing how much you can actually save when you live on cheap ingredients," said Herrera, who moved to Canada 11 years ago.

The menu she developed includes breakfast, lunch and dinner. For just 52 cents, you can get a "Quesadilla De Hongos" or mushroom quesadilla. Ingredients include tortillas, half a cup of shredded mozzarella, half a cup of sliced button mushrooms, four cloves of garlic and pico de gallo. Or pay 59 cents and get an "Enfrijoladas," a black-bean puree with some scrambled eggs, tortillas and half a cup of Cotija cheese. Her menu also includes instructions on how to make the food on your own.

"The important thing here is to be able to help people who are less fortunate," said Herrera. "We are very lucky that we can always eat. The minimum we can do is to always give back to the world."

I'm going grocery shopping. Let's do this.

LIVING BELOW THE LINE



Follow Metro's Gilbert Ngabo as he attempts to live on just \$1.75 a day for one week



LIZ BEDDALL/METRO



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ARCTIC

Canada handing off leadership at council

Canada will voice its concerns over what it calls Russia's military aggression in Ukraine during a meeting of the eight nations that make up the Arctic Council this week.

"Canada will use the Arctic Council ministerial meeting as an opportunity once again to deliver our tough message to Russia for their aggression against Ukraine," said federal Environment Minister Leona Aglukkaq, Canada's representative to the group and its chairwoman for the last two years.

But while the U.S. is sending its top foreign affairs official, Secretary of State John Kerry, the Russians won't be. Aglukkaq said she'll be making Canada's concerns known to Russia's environment minister, not Foreign Minister Sergei Lavrov.

In an interview before handing over leadership of the council to Kerry, Aglukkaq defended Canada's accomplishments during its two-year term.

Using that term to create a new forum for businesses operating in the North to get together should help create more opportunity, Aglukkaq said.

"I am most proud of the signature initiative around the Arctic

+ CRITICS

Some critics have said the economic council is a way to shift the Arctic Council's focus away from its traditional role of research and advice to promotion of resource development. They point out most of its representatives are from large mining or energy companies and only a few from northern businesses.

tic Economic Council," she said. "The Arctic is going to develop and it's the private sector that's going to develop the Arctic."

The Arctic Council brings the eight countries at the top of the world together to talk about shared issues and mutual co-operation. Canada has led the group for the last two years and will hand off the chairmanship to the U.S. at a meeting in Iqaluit later this week.

The body can't discuss military matters. But it has gained in importance as the Arctic grabs more global attention and has even negotiated one legally binding treaty. THE CANADIAN PRESS

IN BRIEF

New B.C. law aims to put an end to service dog fraud

Dogs have long been recognized as man's best friend, but a new law set to take effect in British Columbia later this year is hoping to ferret out the fraudsters in their midst.

The province's newly revised Guide Dog and Service Dog Act is widely thought to be among the first in Canada to tackle the subject of service animal impersonation, an issue experts say has

escalated sharply in recent years.

While there are no available numbers documenting the problem, service dog trainers and owners alike say their circles are increasingly abuzz with anecdotes of people putting official-looking paraphernalia on pet dogs in the hopes that they could then enjoy the same broad access rights as certified service animals.

THE CANADIAN PRESS



Commuters walk to their trains at Toronto's Union Station, the heart of VIA Rail travel, in 2013. An agreement between Canada and the U.S. could see armed U.S. border guards at Union Station. IAN WILLMS/THE CANADIAN PRESS

U.S. border guards may be stationed in Toronto

SECURITY

Agreement signed last month is not yet public

A border preclearance agreement signed last month by Public Safety Minister Steven Blaney and U.S. Secretary of Homeland Security Jeh Johnson allows armed American border guards to be posted to any port, ferry terminal, land crossing or rail station to clear goods and passengers through customs and immigration before they cross the border.

While U.S. Customs and Border Protection (CBP) officers now preclear passengers at eight Canadian airports includ-

ing Pearson, only police may carry firearms in airports, so border agents stationed there aren't armed.

The deal is promoted as a measure to facilitate trade and benefit the economy on both sides of the border, but critics are concerned about a clause granting U.S. agents immunity from Canadian prosecution.

"If U.S. government agents who are on duty on Canadian soil are only going to be liable to be prosecuted in the United States for potential criminal acts in Canada, what does that mean for access to justice for people affected by those actions?" asked Josh Paterson, executive director of the B.C. Civil Liberties Association.

"Is a Canadian really going to be able to access whatever system of redress that might

exist in the United States for actions that take place here in Canada?"

Details of the agreement, not yet public, are limited. The number of U.S. guards coming to Canada and where they will be posted will be determined by "the market" and subject to approval by both countries, said Public Safety Canada's spokesperson Josée Sirois.

"U.S. CBP preclearance officers would be authorized to carry the same weapons and restraint devices that (Canadian) border officers are permitted to carry in the same operating environment," Sirois wrote in an email. "That means that they would be able to carry a sidearm in land, rail and marine preclearance operations, but not when pre-clearing air travel passengers."

+ AGREEMENT

The deal won't come into effect until both countries ratify it, which Canada aims to complete next year.

U.S. guards would not be permitted to make arrests, she said, but could detain suspects and call local police.

Legal scholars worry about the ramifications of the agreement, though none of those contacted by the Star would offer an opinion without seeing more details of the deal.

Paterson, however, pointed out that existing legislation governing airport preclearance doesn't give an American officer in Canada jurisdiction over a traveller. TORSTAR NEWS SERVICE

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Video shows ISIL killing Ethiopian Christians

LIBYA

Victims likely migrants hoping to reach Europe

ISIL militants in Libya shot and beheaded groups of captive Ethiopian Christians, a video purportedly from the extremists showed Sunday. The attack widens the circle of nations affected by the group's atrocities while showing its growth beyond a self-declared caliphate in Syria and Iraq.

The release of the 29-minute video comes a day after Afghanistan's president blamed the extremists for a suicide attack in his country that killed at least 35 people — and underscores the chaos gripping Libya after its 2011 civil war and the killing of dictator Moammar Gadhafi.

It also mirrored a film released in February showing militants beheading 21 captured Egyptian Christians on a Libyan beach, which immediately drew Egyptian airstrikes on the group's suspected positions in Libya. Whether Ethiopia would — or could — respond with similar military force remains unclear.

Ethiopia long has drawn the anger of Islamic extremists over its military's attacks on neighbouring Somalia, whose



This still from an undated 29-minute video released by ISIL militants Sunday shows captured Ethiopian Christians in eastern Libya being taken to a beach before being beheaded. The same video shows another group of captives being shot by ISIL militants in the south. A masked ISIL fighter delivers a long statement in the video. MILITANT VIDEO VIA THE ASSOCIATED PRESS

population is almost entirely Muslim. While the militant in the video at one point said "Muslim blood that was shed under the hands of your religion is not cheap," it did not specifically mention the Ethiopian government's actions.

The video, released via militant social media accounts and websites, could not be

independently verified by The Associated Press. However, it corresponded to other videos released by ISIL and bore the symbol of its al-Furqan media arm.

The video starts with what it called a history of Christian-Muslim relations, followed by scenes of militants destroying churches, graves and icons. A masked fighter brandishing a pistol delivers a long statement, saying Christians must convert to Islam or pay a special tax prescribed by the Qur'an.

It shows one group of captives, identified as Ethiopian Christians, purportedly held

by an ISIL affiliate in eastern Libya known as Barqa Province. It also shows another purportedly held by an affiliate in the south calling itself the Fazzan Province. The video then switches between footage of the captives in the south being shot dead and the captives in the east being beheaded on a beach. It was not immediately possible to estimate how many captives were killed or confirm their identities.

In Ethiopia, government spokesman Redwan Hussein said officials were in contact with its embassy in Cairo to verify the video's authenticity.

Hussein said he believed those killed likely were Ethiopian migrants hoping to reach Europe. Libya has become a hub for migrants across Africa hoping to cross the Mediterranean to enter Europe for work and better lives.

"If this is confirmed, it will be a warning to people who wish to risk and travel to Europe though the dangerous route," Hussein said.

Abba Kaletsidk Mulugeta, an official with the Ethiopian Orthodox Tewahdo Church's Patriarchate Office, said he also believed the victims likely were migrants.

THE ASSOCIATED PRESS

MIGRATION CRISIS

Europe shocked as boat sinks off Libya

A smuggler's boat, crammed with hundreds of people, overturned off Libya's coast as rescuers approached, causing what could be the Mediterranean's deadliest known migrant tragedy and intensifying pressure on the European Union Sunday to finally meet demands for decisive action.

Italian prosecutors said a Bangladeshi survivor flown to Sicily for treatment told them 950 people were aboard, including hundreds who had been locked in the hold by smugglers. Earlier, authorities said a survivor told them 700 migrants were on board.

It wasn't immediately clear if they were referring to the same survivor, and Premier Matteo Renzi said Italian authorities were "not in a position to confirm or verify" the death toll.

Eighteen ships joined the rescue effort, but only 28 survivors and 24 bodies were pulled from the water by nightfall, Renzi said.

These small numbers make more sense if hundreds of people were locked in the hold, because with so much weight down below, "surely the boat would have sunk," said Gen. Antonino Iraso, of the Italian Border Police, which has deployed boats in the operation.

Prosecutor Giovanni Salvi told The Associated Press by phone from the city of Catania that a survivor from Bangladesh described the situation on the fishing boat to prosecutors who interviewed him in a hospital. The man said about 300 people were in the hold when the fishing boat overturned, and that about 200 women and dozens of children also were on board.

Salvi stressed that there was no confirmation yet of the man's account and that the investigation was ongoing.

Iraso said the sea in the area is too deep for divers, suggesting that the final toll may never be known. The sea off Libya runs as deep as five kilometres or more.

"How can it be that we daily are witnessing a tragedy?" asked Renzi, who strategized with his top ministers ahead of Monday's European Union meeting in Luxembourg, where foreign ministers scrambled to add stopping the smugglers to their agenda.

Resurgent right-wing political parties have made a rallying cry out of a rising tide of illegal migration. So far this year, 35,000 asylum seekers and migrants have reached Europe and more than 900 are known to have died trying.

THE ASSOCIATED PRESS



Our fellow citizens have just been killed on a faith-based violence that is totally unacceptable.

Abba Kaletsidk Mulugeta

SOUTH AFRICA

Immigrants flee after threats, attacks

Fearful immigrants in South Africa who fled their homes because of threats and deadly attacks by South Africans said Sunday they were targeted in some cases by longtime neighbours and people who warned they would assault anyone carrying a foreign passport.

The immigrants spoke in interviews with The Associated Press at a tent camp after they hurriedly left Alexandra township in Johannesburg, where mobs attacked shops owned by people

from other African countries, including Congo and Somalia. The violence there followed anti-immigrant riots in and around the coastal city of Durban that killed at least six people, recalling a bout of similar unrest in South Africa in 2008 in which about 60 people died.

The attacks stem from a perception that immigrants are taking jobs at the expense of South Africans in a country with high unemployment.

THE ASSOCIATED PRESS

IN BRIEF

Florida pilot awaits hearing

A mail carrier has returned to his home in Florida, where he'll wait for his next hearing after flying his gyrocopter onto the U.S. Capitol lawn. Doug Hughes was charged with operating an unregistered aircraft and violating national airspace after landing his gyrocopter in Washington on Wednesday. The 61-year-old told The Associated Press that people weren't scared when they saw the aircraft and waved at him.

THE ASSOCIATED PRESS

OKLAHOMA CITY

Hundreds remember 1995 terrorist attack

About 1,000 people gathered Sunday to commemorate the 20th anniversary of the Oklahoma City bombing, which was the deadliest terrorist attack on U.S. soil until the Sept. 11 attacks six years later.

Former President Bill Clinton and Oklahoma Gov. Mary Fallin were among those who spoke at Sunday's service at the Oklahoma City National Memorial, where the Alfred P. Murrah Federal Building once stood.

The service started with

a 168-second moment of silence to honour each of the 168 people who died in the April 19, 1995, attack. It concluded about 90 minutes later with survivors and tearful relatives of the dead reading the names of those killed.

"This was a place of unspeakable horror and tragedy," Frank Keating, who was Oklahoma's governor at the time of the attack, told the gathering. He called the attack "unforgivable."

THE ASSOCIATED PRESS



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Hope of budget goodies dims

FEDERAL BUDGET

Lobbyists told to put 'water in their wine' with requests

As last autumn's colours were setting in, veteran Ottawa lobbyist Dan Kelly was confident the spring would produce a federal budget surplus with ample room for announcements.

But following a long winter, the head of the Canadian Fed-

eration of Independent Business is approaching Tuesday's election-year budget with his hopes somewhat in check.

Only about six months ago, the Harper government's surplus kitty for budget day goodies in the 2015-16 fiscal plan was said to have swelled to \$6.5 billion, Kelly said.

Cabinet ministers, who had waited years for a balanced budget, were salivating at the thought of being able to spend money for once.

Now, they're waiting to see if there are any leftovers for

their departments.

By October, everything started to change. First, the Conservatives unveiled their long-promised family tax-and-benefit package expected to carve \$4.6 billion in revenue out of public coffers.

Then, the weeks that followed brought the plunge in world oil prices, a crash Ottawa has predicted will indirectly chew billions of dollars from its bottom line.

Today, the surplus cupboard is bare and the Conservatives had to scramble to deliver on

a long-held pledge critical to their re-election hopes: a balanced 2015-16 budget.

The finance minister has indicated the budget's \$3-billion contingency reserve — designed as a cushion against unforeseeable events like natural disasters — could be in play.

Kelly, who had 20 or 30 budget-related meetings over the past year with officials, said the government's shift in tone was impossible to miss.

"With the oil-price decline you could feel it in meetings," he said of his exchanges with

+ FLIP SIDE

Cheaper oil turns focus on manufacturing sector

Jayson Myers, president of the powerful lobby group, the Canadian Manufacturers and Exporters, believes the oil-price slide may have helped to promote his cause.

Myers said governments are looking to manufacturing and export industries to help lift the country's economic fortunes, particularly as the energy and commodity sectors struggle and consumer spending shows signs of maxing out.

the government. "They've been pretty careful to try to make sure that every group that's out

there with a budget request puts some water in their wine." THE CANADIAN PRESS

MEXICO

Canadian miners weighing the risks

The recent armed robbery of \$10.7 million US worth of gold from Canadian-owned McEwen Mining's El Gallo mine has cast a spotlight on the risks of operating in Mexico.

Last month, four employees from Canadian-based Goldcorp were kidnapped while heading home in a personal vehicle. Three were later found dead. And in February, four workers at Torex Gold Resources, also a Canadian company, were among 13 people kidnapped near the company's Morelos gold project.

Both the Goldcorp and Torex kidnappings happened in Guerrero state — the same jurisdiction where 43 students

disappeared last year and are now presumed dead.

Organized crime is thought to be behind most of these incidents. Alejandro Schtulmann at the Mexican risk analysis firm EMPRA says Mexico's large cartels are fracturing, leading to the creation of hundreds of smaller organizations that are fighting each other and extorting mining projects to get cash to meet their objectives.

"My concern is that we'll see more of what happened in Guerrero," he says. "That may escalate into more kidnappings, and higher level personnel or managers being kidnapped."

The Mexican government has been boosting security across the country to try to make industry safer.

But there hasn't yet been much of an impact, so mining companies still feel the need to fend for themselves as many of them boost spending on private security.

THE CANADIAN PRESS



My concern is that we'll see more of what happened in Guerrero.

Alejandro Schtulmann



NEW DELHI ANGRY FARMERS PROTEST NEW LAND RULES Tens of thousands of farmers rally in India's capital Sunday to protest the government's plan to ease rules for obtaining land for industry and development projects. Prime Minister Narendra Modi said existing rules, established in 2013 to protect land owners from land-grabbing and forced relocation, were creating obstacles that were spooking investors and should be simplified to attract foreign business and boost manufacturing in India. Modi passed an executive order in December, doing away with some of the rules. ALTAQ QADRI/THE ASSOCIATED PRESS

SHRIMP EXPORTS

Canada profits from U.S. ban

Maine fishmonger Glen Libby made a disheartening discovery on Easter Sunday brunch: The cold-water shrimp on the menu at a restaurant up the street from his fish market were from Canada, not New England.

Canadian imports of the sweet, quarter-sized crustaceans are turning up more in American restaurants and seafood markets since a ban on fishing for Maine shrimp dried up local sources.

Some Maine dealers said they or other vendors have re-

sorted to Canadian alternatives so they can keep the popular item on the menu.

The value of Canada's shrimp imports to the U.S. grew nearly 20 per cent, to more than \$30.5 million, from 2013 to 2014, federal statistics say. In that time, Canadian imports of cold-water shrimp to Maine more than doubled, to nearly 100 metric tonnes, Canadian authorities said.

The price to American consumers has also risen since the December 2013 shutdown. Fishermen from coastal New

England and eastern Canada fish for the pinkish cold water shrimp, which are popular for their tender meat. The Canadian fishery for the shrimp is much larger — and according to Canadian authorities, more stable — than New England's. Canadian fishermen's catch of the shrimp averaged about 150,000 metric tonnes per year from 2009 to 2013. New England's catch averaged about 3,300 metric tonnes in that time, including a low year of about 300 metric tonnes in 2013. THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD

When people think about trans, they think about genitals

Laverne Cox is one sexy woman.

The Orange is the New Black star lounged nude on what looks like luxurious linen for a photo shoot in the May issue of Allure magazine, a statement as much about trans as it is about sex.

Then there's Aydian Dowl-ing, a transgender male model who's the front-runner in a competition to grace the cover of Men's Health magazine in November (also, may I say, quite attractive).

The trans community now has mainstream sex symbols — amen to that. This is a trans moment, a crescendo of news coverage where sex icon is a next step toward mainstream acceptance, twisted as that might be.

I want that acceptance for trans people, even if we have to wade through some dirty media coverage to get there.

Like that of Bruce Jenner. I never watched him in Keeping Up With the Kardashians, but I plan to watch him being interviewed by Diane Sawyer this weekend about the very loud rumours that he's transitioning. Jenner has confirmed nothing, but media are having a field day, photoshopping makeup onto his face, pestering his children about his gender, using trans jokes as headlines.

Canadian trans activist and writer Christin Milloy told me it's "disgusting." But don't

blame Jenner. You can't ask a Kardashian (even one by marriage) to avoid making a public spectacle. And Jenner has every right to come out the way he wants.

The blame lies with us, for putting our own fascination with trans people over respect for them.

Milloy described it both as a curiosity with gender roles themselves, which none of us fit perfectly, and also "a misguided sexual fascination. When people think about trans, they instantly think about genitals."

But not all press coverage stoops to those lows. Stories about a teen's suicide in Ohio and how a transgender girl is getting support from her parents in Ottawa give a face to trans issues that can change minds.

"It's easy to hate an abstraction, it's much harder to hate real people," as Matthew Breen, editor in chief of the well-respected LGBT magazine The Advocate, noted.

For Cox, posing nude was a way to empower others. "Trans women certainly are not told we're beautiful," she told Allure. "Seeing a black transgender woman embracing and loving everything about herself might be inspiring to some other folks."

It's a laudable goal. I don't often tell people to go look up nude photos. But this is one of those times.

MYMETRO

Al Donato, 21, Ryerson University student in Toronto

What are you doing?

I'm catching up on news before heading into the misery that is academia — I have an exam in an hour.

What do you like best about Toronto?

Our multiculturalism.

What are you listening to right now?

Earned It by The Weeknd (who also happens to be from Toronto.)

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll repost you and feature a reader pic from across Canada in this spot every Monday.



Councillors count on corporate donations

COLLINS' CAPITAL

Steve Collins



City council lost its religion last week, on orders from a higher power. OK, not that high. But after a Supreme Court of Canada ruling, the prayer that opened council meetings has been replaced by a moment of silence.

Also without a prayer was a proposal from Rideau-Rockcliffe Councillor Tobi Nussbaum about the higher powers of Queen's Park and corporate and union money.

While legislation lumps the two types of non-human donors together, municipal campaign contributions come mostly from corporations (development, construction, taxi, parking, waste management) who do business with, or are regulated by, the city.

The donors always characterize these contributions as "participation in the democratic process," but to others

it looks like a business transaction at best.

And while mere humans can donate only \$750 to a candidate, every corporation they control can do the same, allowing business owners to double and triple up on a favoured candidate.

Corporate and union donations have been banned in federal politics, but Ontario law permits them in municipal campaigns. Toronto got approval from the province to impose its own ban.

Nussbaum's motion would have seen council ask the province to extend similar discretion to Ottawa. This wouldn't have outlawed corporate and union donations, only made a ban possible.

Council, which often complains that its ability to tackle local problems is restricted by the province, decided it would rather not take on this particular responsibility, voting 19-5 against.

"My point is unless you're going to enact the power,

what's the point of asking for the power?" Mayor Jim Watson said afterward.

Why wouldn't this power be "enacted"? Here's one guess: Every councillor who voted down the possibility of reform also relied in part on corporate money to get elected last year. Mayor Watson raised \$102,562 in corporate donations, about 26 per cent of his 2014 war chest.

Councillors took in less corporate cash, but it often comprised a more significant proportion of their smaller campaigns: e.g., Allan Hubley (67 per cent), Jan Harder (58) and Diane Deans (56).

Of dissenters favouring a ban, Nussbaum, Jeff Leiper and Catherine McKenney accepted no corporate donations, and David Chernushenko accepted one, of \$200, from Capital Sports and Entertainment. (Candidates' financial statements are available on the city's website, but for these figures I gratefully relied on the more user-friendly searchable

database at ottwatch.ca.)

Only Michael Qaqish, who tapped businesses for 25 per cent of his funding, seemed to be endangering his own re-election, potentially, by supporting Nussbaum's motion. He admitted a ban would make life difficult for first-timers like himself, but that "having less money in politics is a good thing."

Riley Brockington (37 per cent corporate donations) prefers the status quo. "I don't believe a ban is fair. I don't believe a ban is democratic," he said. "Believe it or not, corporations and unions are engaged and they are involved and they want the city to thrive as well, and they are a part of the democratic process."

By this reasoning, should we give our esteemed corporate citizens a vote, too?

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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Shad stands on guard for q

RADIO

Musician ready to push himself to save CBC's flagship show



Rosemary Westwood
Metro | Toronto

It's Day 1, the beginning of the answer to the question: Can Shad save the show formerly known as Q?

Months of rotating hosts have sustained it, but the CBC's flagship arts program — re-branded as q — is in desperate need of someone with the charisma that Jian Ghomeshi once brought. Someone to draw out the array of characters that rotate through that studio. Someone, in Shad's words, who can connect.

"This show is less about hard 'J' journalism, more about a heart-to-heart kind of conversation," he told Metro during an interview in the days after he was announced as q's new host.

He's had little more than a month to prepare and to shake off the nerves that seemed to take hold of him that day as he stood in the cavernous CBC

headquarters, the iconic CBC emblems and faces of CBC stars all around him. Except, of course, Ghomeshi's.

"One thing he did is he brought his curiosities to the interview on a personal level," Shad said when asked if there was something he could learn from Ghomeshi's style as an interviewer.

"You could tell he was invested in the answer, like you might have the answer for me, for me personally, you know?"

In a T-shirt and hoodie, and a lopsided toque, Shad put on few airs. He had a direct gaze and a natural ease, little interested in being a celebrity, it seemed, and little interest, he said, in the celebrity of others.

"Celebrity has power, but I think the show is about more profound stories.

"I'm not interested in a show about celebrity, and I don't think the team is interested in a show about celebrity," he said.

The CBC might disagree.

Landing big-name guests has been a crucial part of its success on both side of the border.

Shad also said he doesn't think q needs to pander to its large and important American audience.

"I think you can have a Canadian show that still connects



Shad says his success as q's host will be a measure of his own abilities and risk taking. LIZ BEDDALL/METRO



This show is less about hard 'J' journalism, more about a heart-to-heart kind of conversation.

Shad on the mandate of q

with American audiences," he said.

For the CBC, much rides on whether Shad will live up to hype as q's new champion. He himself said he hardly knows

what to be afraid of, walking into the show with little experience as a broadcaster or host. There will be ratings to measure his success and the feedback of q staff.

For Shad, success will be a measure of his own abilities: "Am I pushing myself to ask the questions that Canadians need answers to? Am I pushing my talent and my courage?

Am I taking risks? Am I scared half the time?"

But it will be Canadians who ultimately judge him, and find Shad q's saviour, or not, starting today.

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NEGOTIATION

Sussing out a salary can be stressful — don't let it be

OFFICE RELATIONS

Eleni Deacon



You're in the home stretch of your second interview for a golden-opportunity job. You've aced every answer and made your potential boss laugh. There's one issue, however, that must still be addressed: your salary expectations. For many interviewees, this is a question to dread. But talking pay should not cause pain.

Which is not to say that articulating salary expectations is simple. Aim too high, and you price yourself out of the running. Stoop too low, and you'll not only look inexperienced — you'll also corner yourself into a ho-hum income. You want to find your salary sweet spot: a figure that both you and your prospective employer find fair. But without knowing what's on offer, how can you name your range?

First, do your research. There are several websites that calculate loose — if not entirely reliable — guidelines for the pay scales in different fields. You should also talk numbers with people who work in similar domains. Remember that job interviews are about determining your knowledge and fit. Naming a market-range salary makes you a more feasible candidate — and it also shows your industry savvy.

On the day of your interview, expect to be asked about your expectations. Should discussing money make you antsy, practice beforehand. Determine if there is any outstanding information you need — like whether your compensation package will include benefits or perks — and ask all relevant questions before citing your rate. Make sure you're comfortable with the bottom end of your scale.

Despite careful prep, many job hunters will be offered salaries that fall well below their expectations. When faced with weak wages, assess the position's non-monetary value. Are there growth opportunities within the company? Will you be learning significant new skills or making valuable connections? A solid salary is just one element to fulfilling work.

+ THE NUMBERS

Keep it narrow

While it's smart to propose a range in your salary expectations, don't make it too wide.

\$45 to \$50K suggests flexibility; \$30K to \$60K suggests you're flinging digits with no idea of your worth.

APPLE WATCH

A glance towards the future of journalism

With the Apple Watch expected to sell in the millions, news organizations are refocusing their efforts to become part of that tiny screen.

In the news business, this is now called "glance journalism."

The Apple Watch, expected to catapult to the leading item in wearable technology, opens up new possibilities to a news industry seeking to connect with audiences in the digital era.

The New York Times says its

app for the Apple Watch will be "a new form of storytelling" and that "editors on three continents" will update notifications. Readers will be able to "hand off" an article to view on an iPhone or iPad.

Yahoo will have four apps for the Apple device, including a news digest updated hourly with "microsummaries" of major stories, as well as apps for fantasy sports, weather and one specifically for Hong Kong news.

CNN and National Public Radio also have apps for the Apple Watch, and others are expected to follow. The new technology means more bite-size news being directed at consumers, say media analysts.

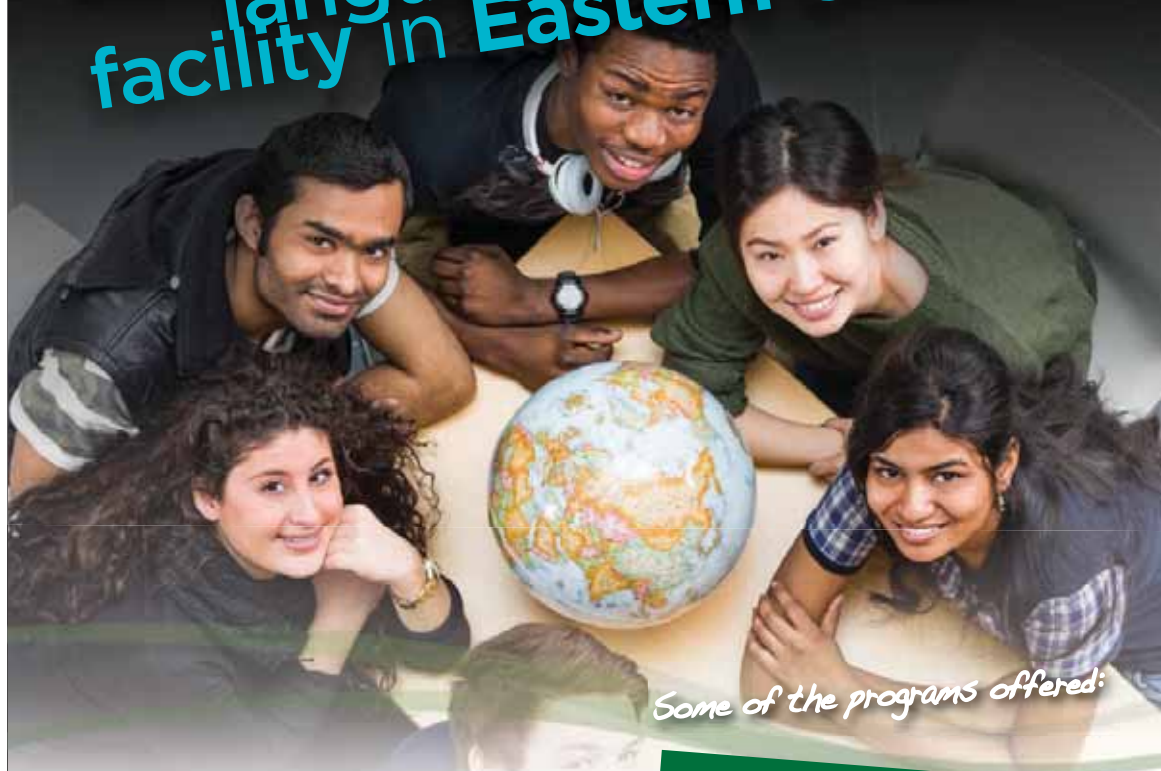
"We are about to enter the era of at-a-glance journalism," says Mario Garcia, a consultant with Garcia Media and faculty member at the Poynter Institute for Media Studies, in a blog post.

AFP



Customers try on an Apple Watch in Milan, Italy on Friday. JACOPO RAULE/GETTY IMAGES

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FINANCE

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MONEY MATTERS

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How long could you go without a paycheck? If you were to get sick, or if someone you loved needed to be cared for, how long would you last on what you've got sitting in the bank? If you were downsized, right-sized or wrongly dismissed, how long till the money runs out? If you tripped and fell, broke your wrist, your leg or your back and couldn't work, how long would you last?

As your first line of defence against the unexpected things life will throw at you, an emergency fund is indispensable. Without an emergency fund, you'd have to turn to credit to fill the holes. And, no, a line of credit is not an acceptable emergency fund. It's debt waiting to happen. A true emergency fund is cash in the bank.

If you're thinking, "Unemployment will tide me over," have you ever looked into what unemployment insurance pays? Talk about having to adjust your expectations! And, besides, getting a cheque isn't a sure thing. If you haven't worked enough hours to qualify, you're SOL. And if you hate your job — or the boss ends up chasing you around the desk

— and you quit, you're SOL. Whatever reason you may have for "voluntarily" leaving your job, it's unlikely that you'll see a penny. And don't think getting yourself fired is the cure ... you likely won't see a penny either, since being turfed for bad behaviour will disqualify you, too. Never mind the fact that no one else will want to hire you. And then there's the EI wait period. Whatcha gonna eat for those many weeks you have to wait for your first cheque?

If you're thinking, "It won't happen to me," wake up! If you honestly believe unexpected bills and misery simply can't come your way, you're delusional. All kinds of things go wrong in life: Lovies get sick, companies go belly up, people die. Hoping for a great life is one thing. Banking on nothing ever going wrong is just plain dumb.

So how much cash in the bank are we talking about? Work towards accumulating six months' worth of essential expenses. When I talk about essential expenses, I'm talking about the most basic costs being covered: rent/mortgage payment, property taxes, utilities, car payment, insurance of all kinds, food, minimum payments on your debt repayment. You can cancel the cable. You can find free fun. And that cellphone? Call and say it's lost and suspend your service!

People often can't wrap their heads around the idea of getting a pile of money together for an emergency. The concept of having enough to cover six months' worth of expenses is just too overwhelming. You've got to break it down into man-

How much?

6 mos.

An emergency fund can help you weather any financial storm. Work toward accumulating six months' worth of essential expenses: rent/mortgage payment, property taxes, utilities, insurance, food, and so on.

ageable pieces so you don't stop before you even get started.

Take stock of your expenses

List each category of expense you would have to keep covered: rent or mortgage payment, food, medical costs, insurance, child care, car payments, gas. These are your essential expenses: the stuff you must pay to keep the wolves from the door.

Go back over your list and cut out anything you've kept that's not essential to keeping body and soul together. If you've just gone from two incomes to one, you can give up your cable, telephone, entertainment and everything else you wouldn't die without, at least in the short term. Your emergency fund is designed to cover the essentials of life.

Now write in the average monthly amount for each of your essential emergency expenses. Then put six check boxes beside the amount.

Pick the first expense you want to have covered. Let's go with shelter for our example, and say you need \$1,800 to cover your rent or mortgage payment.

How much can you save every month? Open up a high-interest savings account and have the amount you've decided on deducted from your regular account to this account every month. When you've got your first \$1,800 in your emergency fund savings account, you're going to put a check mark in one of your boxes. There. You've done it. One month's worth of shelter money at the ready, just in case.

A final warning: Some people, having accumulated a healthy emergency fund, have a problem with the concept of the money just sitting there. Once they've built up a couple of thousand dollars, they start thinking of that money as spendable. The vacation becomes a "sanity emergency."

The replacement windows become a "home emergency." They run up their credit cards and that becomes a "debt emergency." They find a way to rationalize spending the money because the idea of having that money sitting there is so foreign to them.

Don't fall into this trap. Remember, your emergency fund is all that stands between you and destitution!



Hoping for a great life is one thing. Banking on nothing ever going wrong is just plain dumb.

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HEALTH NOTES

Painless blood tests may be coming soon

A device the size of a ping-pong ball that extracts blood when held against the skin might soon replace needles, according to representatives from Tasso Inc., a company that is working closely with the University of Wisconsin-Madison on the project.

Rather than pulling the blood from veins, which are closed channels, the device pulls it from the open channels in which blood flows through many

microscopic vessels called capillaries.

During the two minutes it takes to collect the blood, a delicate vacuum creates capillary action, beckoning blood to flow into an attached container that's lab-ready.

The patient should feel no pain, reports say.

Called microfluidics, the technology springboards on the forces that govern the flow of tiny fluid streams, according to Ben Casavant, vice-president and co-founder of Tasso, Inc.

"At these scales, surface tension dominates over gravity, and that keeps the blood in the channel no matter how you hold the device," says Casavant.

At present, the device is able to pull 0.15 of a cubic centimetre, which makes it practical for testing cholesterol, infection, cancer cells and blood sugar, although diabetes is not an initial market due to the frequency of tests needed.

A technique for taking samples to diagnose HIV is in the works, according to the company. AFP

MORE SCORES

Blackhawks put down Preds in second period

Jonathan Toews had a goal and an assist, and the Chicago Blackhawks used a three-goal second period to beat the Nashville Predators 4-2 on Sunday for a 2-1 lead in their first-round playoff series.

Scott Darling made 35 saves to help Chicago win for the 20th time in its past 24 post-season home games. Brandon Saad, Brent Seabrook and Andrew Desjardins also scored.

Mike Ribeiro and Mattias Ekholm scored for Nashville, and Pekka Rinne had 26 saves. THE ASSOCIATED PRESS

Tavares quick on OT trigger to put Isles up 2-1

Islanders captain John Tavares scored 15 seconds into overtime to lift New York to a 2-1 win in Game 3 of their first-round playoff series over the Washington Capitals on Sunday.

Game 4 is at Long Island on Tuesday.

THE ASSOCIATED PRESS



John Tavares
SETH WENIG/THE ASSOCIATED PRESS

Weise gives Canadiens stranglehold on series

NHL PLAYOFFS

Goaltending change fails to help Sens avoid 3-0 deficit

Dale Weise forced overtime with a late goal and then scored 8:46 into overtime to lift the Montreal Canadiens to a 2-1 victory over the Ottawa Senators on Sunday night.

Montreal leads the best-of-seven Eastern Conference playoff series 3-0 and can finish it off in Game 4 Wednesday night at the Canadian Tire Centre.

GAME 3 In Ottawa



Weise skated in on the left side and beat Craig Anderson with a shot inside the near post. The 20,500 fans screamed for a whistle on what appeared to be a hand pass by Brandon Prust on the play, but the goal stood.

Weise had tied it with 5:47 left in regulation time for Montreal, which outshot the Senators 49-34.

Clarke MacArthur scored in the first for Ottawa, which has struck first in all three games



Dale Weise scored both of the Canadiens' goals, including the winner in overtime, in a 2-1 victory over the Senators on Sunday at the Canadian Tire Centre. SEAN KILPATRICK/THE CANADIAN PRESS

of the series.

The Senators opted to go with veteran Anderson in goal over Andrew Hammond, whose stellar play led their late push for a playoff spot. Anderson was

sharp, stopping 47 shots.

Ottawa came out hitting every Canadien that moved, led by their captain Erik Karlsson and tough guy Chris Neil, who made his series debut. They took a 10-4

lead in shots and a 1-0 lead in the game.

The Senators scored when Montreal defenceman P.K. Subban went for a hit on Karlsson and Mark Stone was able to slip

the puck in front of the Montreal net, where two Ottawa players were parked. MacArthur put a deke on Carey Price and slid in is second of the series at 11:28 of the first period. THE CANADIAN PRESS

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The Raptors' Kyle Lowry sits on the bench on Saturday after fouling out of Game 1 of their first-round series against the Wizards in Toronto. FRANK GUNN/THE CANADIAN PRESS

Raps loss nets star guard extra practice

NBA

Weak shooting makes for one of Lowry's worst games

Kyle Lowry leaned on the microphone podium, and with the sleeve of his T-shirt wiped the sweat from his eyebrow.

The Toronto Raptors didn't practise Sunday, instead holding a team video session. And when the players piled out, Lowry headed upstairs to the practice court to work on his shooting.

The Raptors point guard had one of the worst games of his

season in Saturday's 93-86 overtime loss to Washington, and those who know him best say that won't happen again.

"I have no doubt that Kyle Lowry will come back and play at a level that he's played at and has made him successful," said coach Dwane Casey. "That's who he is: he's a guy who plays better with a chip on his shoulder. He's been doubted all his life since junior high school, so I think he'll bounce back."

"I don't think shooting is where you rate him, I think making winning plays, defensive plays, draw and kick, not turning the ball over — those are the winning plays that he's excellent at."

Lowry had just seven points

\$60K

The total fines for Raptors general manager Masai Ujiri's obscene language when addressing fans before Saturday's tip-off.

on 2-for-10 shooting, plus four assists and three turnovers, and fouled out of the game with 2:36 left in regulation. The picture of the dejected point guard sitting alone on the bench, head in hands, said everything.

"Super difficult," he said, on sitting out the end of the game. "Just fouling out in gen-

eral and not being able to be myself and help my teammates was definitely more frustrating than I wanted it to be. But that's Game 1. You learn from your mistakes and you get better. That's what the playoffs is about — adjustments."

Wizards guard Bradley Beal mockingly waved goodbye to Lowry when the whistle blew on his sixth foul.

"I would have done the same thing," Lowry said. "You get one of the best players off of the floor, you should be happy about it."

Game 2 is on Tuesday night in Toronto. The series moves to Washington for Game 3 on Friday and Game 4 on Sunday.

THE CANADIAN PRESS

NBA

Cavs win in Irving's post-season debut

Kyrie Irving scored 30 points in his playoff debut, LeBron James added 20 in his first post-season game with Cleveland in five years and the Cavaliers opened a run toward an NBA title with a 113-100 victory over the Boston Celtics on Sunday.

Irving made five three-pointers and Kevin Love, another post-season rookie, added 19 points and 12 rebounds.

It was Cleveland's first home playoff game since May 11, 2010, when the Celtics won Game 5 and James left the floor to some boos from Cavaliers fans. He departed for Miami two months later, but he's home now, all is forgiven and Cleveland is aiming to end a championship drought dating to 1964.

Isaiah Thomas scored 22 points to lead the seventh-seeded Celtics. They will try to even the best-of-seven series in Game 2 on Tuesday night.

James came in with more playoff experience — 158 games — than Boston's entire roster, an inequality that seemed to favour the Cavaliers. However, the young Celtics weren't overwhelmed on the



The Cavaliers' LeBron James throws down a dunk for two points on Sunday. JASON MILLER/GETTY IMAGES

bigger stage or intimidated by Cleveland's towel-waving fans sporting T-shirts that said, "All In," the team's post-season slogan.

Boston led by eight in the first quarter before the Cavs found their shooting touch and got a huge lift from reserve Tristan Thompson, who grabbed five rebounds — four offensive — in the first half.

Irving's three-pointer at the horn gave the Cavs a 62-54 lead at the half. THE ASSOCIATED PRESS

NBA

Brooklyn loses in Atlanta thriller

Kyle Korver scored 21 points, including five three-pointers, and the top-seeded Atlanta Hawks held off the Brooklyn Nets 99-92 in Game 1 of the Eastern Conference playoff series Sunday night.

The Hawks led nearly the entire game and pushed the margin as high as 16 points, but the Nets kept coming back. Finally, Jeff Teague dropped in a floater coming off the left wing, giving Atlanta a 95-89 lead. Joe Johnson missed a three-pointer from the corner for Brooklyn, and Teague made a pair of free throws with

just under a minute remaining to essentially seal it.

Teague and DeMarre Carroll scored 17 points apiece.

Eighth-seeded Brooklyn finished 22 games behind the Hawks and slipped into the playoffs on the final day. But, with Johnson and Brook Lopez each scoring 17 points, they didn't look overmatched by a team that won the season series 4-0 and earned a No. 1 seed for the first time since 1994.

Game 2 is Wednesday night in Atlanta. THE ASSOCIATED PRESS

MLB

Jays rookie has rough game

Dalton Pompey shouldered the blame Sunday for the Toronto Blue Jays' 5-2 loss to the Atlanta Braves.

The rookie centre-fielder from Mississauga, Ont., figured in four of Atlanta's runs. He misplayed Jonny Gomes' first-inning fly ball with the bases loaded that resulted in a three-run double. Then in the third, Pompey's throwing error brought Freddie Freeman home for the Braves' fourth

SUNDAY IN TORONTO

5 ATLANTA
2 TORONTO

run.

"We lose that game because I don't make that play, and I take full responsibility for that," said Pompey, who began his availability by apologizing to

Toronto coaches, players and fans. "I kind of stopped for a second and broke back and the ball started to slice back to my reverse side and I couldn't make the adjustment in time.... I should've been playing deeper in that situation but I wasn't."

"I made a bad throw also. It's a learning experience for me, but unfortunately it was one of those where I feel like I cost the team a chance to stay in the game." THE CANADIAN PRESS



The Jays' Dalton Pompey misplays a ball that led to the Braves scoring three runs Sunday in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

IN BRIEF

Villa wins in squeaker

Aston Villa came from behind to beat Liverpool 2-1 in the semifinals of the FA Cup on Sunday to clinch a title match next month against Arsenal.

Villa went behind in the 30th minute when Philippe Coutinho gave Liverpool the lead from close range.

But Villa responded well and in-form striker Christian Benteke equalized, followed by a swift move from Delph. THE ASSOCIATED PRESS

Man City wins after own goal

A bizarre own goal from West Ham's James Collins helped Manchester City back to winning ways in the Premier League, but its 2-0 victory on Sunday was overshadowed by a head injury to David Silva.

The 29-year-old Silva was stretched off and taken to the hospital after suffering suspected cheekbone and collarbone injuries in his clash with Cheikh Kouyate. THE ASSOCIATED PRESS

RECIPE Baked Mac'n Cheese

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

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Ready in

Prep time: 15 minutes

Cook time: 20-25 minutes

Directions

1. Preheat the oven to 425°F. 2. Whisk together the flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, for about 3-5 minutes or until the mixture is hot and thickened. Stir in the 3/4 cup cheddar and Parmesan cheeses and the mustard. Cook until the cheese melts, about 1 minute. Remove from the heat.

2. Meanwhile, bring a large pot of water to a boil. Add the macaroni and cook for about 8-10 minutes, until tender but still firm. Drain well and place in large oven proof skillet. Add the cheese sauce and chicken and toss to combine.

3. To make the topping, combine the breadcrumbs, Parmesan and oil in a small bowl. Sprinkle evenly over the macaroni and top with 1/4 cup cheddar cheese.

4. Bake in the center of the preheated oven for 10-15 minutes or until the filling is hot and the top is golden. Garnish with the parsley and serve right out of pan.



Ingredients

- 2 Tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 Tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow macaroni
- 3/4 cup diced cooked chicken topping
- 3 Tbsp seasoned dry breadcrumbs
- 1 Tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 Tbsp chopped parsley

Nutrition per serving

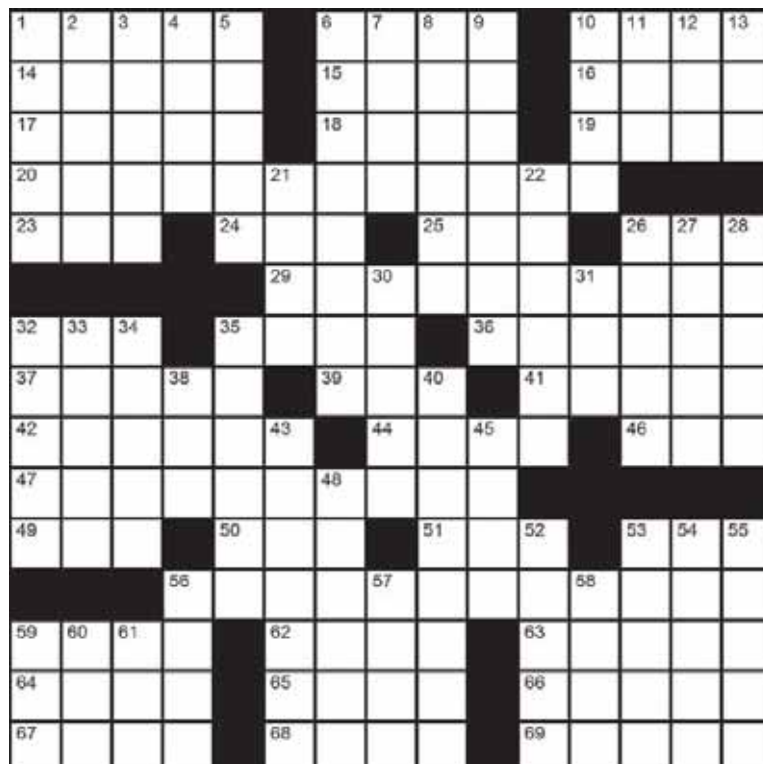
- Calories 321 • Protein 25 g
- Carbohydrates 37 g
- Fibre 1.6 g • Total fat 9 g
- Saturated fat 3.9 g
- Cholesterol 41 mg
- Sodium 391 mg

PHOTO: ROSE REISMAN

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BY KELLY ANN BUCHANAN

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ACROSS

1. Casually converses
6. Mil. ranks
10. Optimism
14. Shack
15. Jai's usual follower
16. Sacred bird of ancient Egypt
17. Marketplace of ancient Greece
18. Variety
19. Does a 'Thou shalt not'
20. Hot trend in horticulture: 2 wds.
23. Abolish
24. :(
25. "___ Slave 4 U" by Britney Spears
26. A fox is this
29. Thoroughfare (spelled out here) in Langley, BC that runs alongside the U.S. border: 2 wds.
32. Energy
35. Casino game
36. Antique finish
37. Blow ___ (See red)
39. "___ Wiedersehen!"
41. Green stones
42. Lap the other track racers again
44. Tepid
46. East: French
47. Name of Michael Snow's soaring Canada Geese artwork in the Toronto Eaton Centre: 2 wds.
49. MLB's Cardinals, on scoreboards

person

64. Mr. Clapton
65. ___ the crack of dawn: 2 wds.
66. www mag
67. "Star ___"
68. 'Great' dog breed
69. Leases

DOWN

1. Fray
2. Wrestling Hulk
3. Cold shoulder it
4. The Yukon, e.g.
5. Finishes off, Knight-style
6. Newfoundland town; or, Jan & Dean's "The Little

- Old Lady from ___"
7. Madrid 'flower'
8. Fitness routine component
9. Guide for visitors to a web page
10. Disapproving noise
11. Fabric belt
12. ATM-user's code

13. 'Host' suffix
21. Fixed stare
22. "___ Rug" by Victoria-born singer Ian Tyson
26. Catty
27. Montreal 'moons'
28. Leavening agent
30. Awaken
31. In-flight info, for short
32. Paper sleeves encircling hot takeover cups of coffee
33. "Because ___ like it!" (That's why!)
34. Student
35. Ottawa-born singer Ms. Chante
38. U.S. performers' org.
40. Citation below the text
43. "Charlie ___: ___" (2010) starring Zac Efron
45. BBQ rod
48. Mount Everest professional
52. Retreat in fear
53. Confine: 2 wds.
54. Insurance professional
55. Ceremonial funeral stacks
56. Actor Gregory
57. ___ even keel
58. Chill out
59. Acquire
60. Get there, briefly
61. Circular dessert

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may not have been serious about a social or political issue in the past but you are certainly serious about it now. You won't rest until you've had your say and made your mark.

Taurus April 21 - May 21
It's not often you splash out on gifts for other people but with the Sun moving into your sign today you are in an optimistic, and therefore generous, mood.

Gemini May 22 - June 21
The next few days could be special for affairs of the heart. But you also have some thinking to do, so set aside an hour or two where you can be alone with your ideas.

Cancer June 22 - July 23
Don't worry too much about trying to impress other people. With the Sun firmly on your side again you will get all the approval you could wish for over the next few days.

Leo July 24 - Aug. 23
Someone who is usually the life and soul of the party is a bit depressed at the moment and you must make it your business to find out what is wrong. Calm their fears and cheer them up.

Virgo Aug. 24 - Sept. 23
One way or another you will get what you want over the next 24 hours. But you will get it quicker and easier if you avoid strong-arm tactics and use charm and persuasion.

Libra Sept. 24 - Oct. 23
The Sun leaves the relationship area of your chart today but that is not an excuse to pay less attention to the one you love. Show a little passion over the next 24 hours.

Scorpio Oct. 24 - Nov. 22
Your instincts are telling you that a calculated risk of some kind could pay off in a big way but do you have the courage to go through with it? Only you can make that decision but make it soon or the opportunity will be gone.

Sagittarius Nov. 23 - Dec. 21
You will be the center of attention for all the right reasons over the next 24 hours. Your wit and your charm will attract others.

Capricorn Dec. 22 - Jan. 20
Don't push yourself too hard as the new week begins. The Sun's move into the most dynamic area of your chart will fill you with energy and enthusiasm but you need to plan a bit too.

Aquarius Jan. 21 - Feb. 19
Something will grab your attention today and you will be focused on it to the exclusion of everything else. Remember, though, that other people exist as well.

Pisces Feb. 20 - March 20
The time has come to forgive and forget. The Sun moves on today and so must you - there is simply no point hanging on to disputes that belong in the past.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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